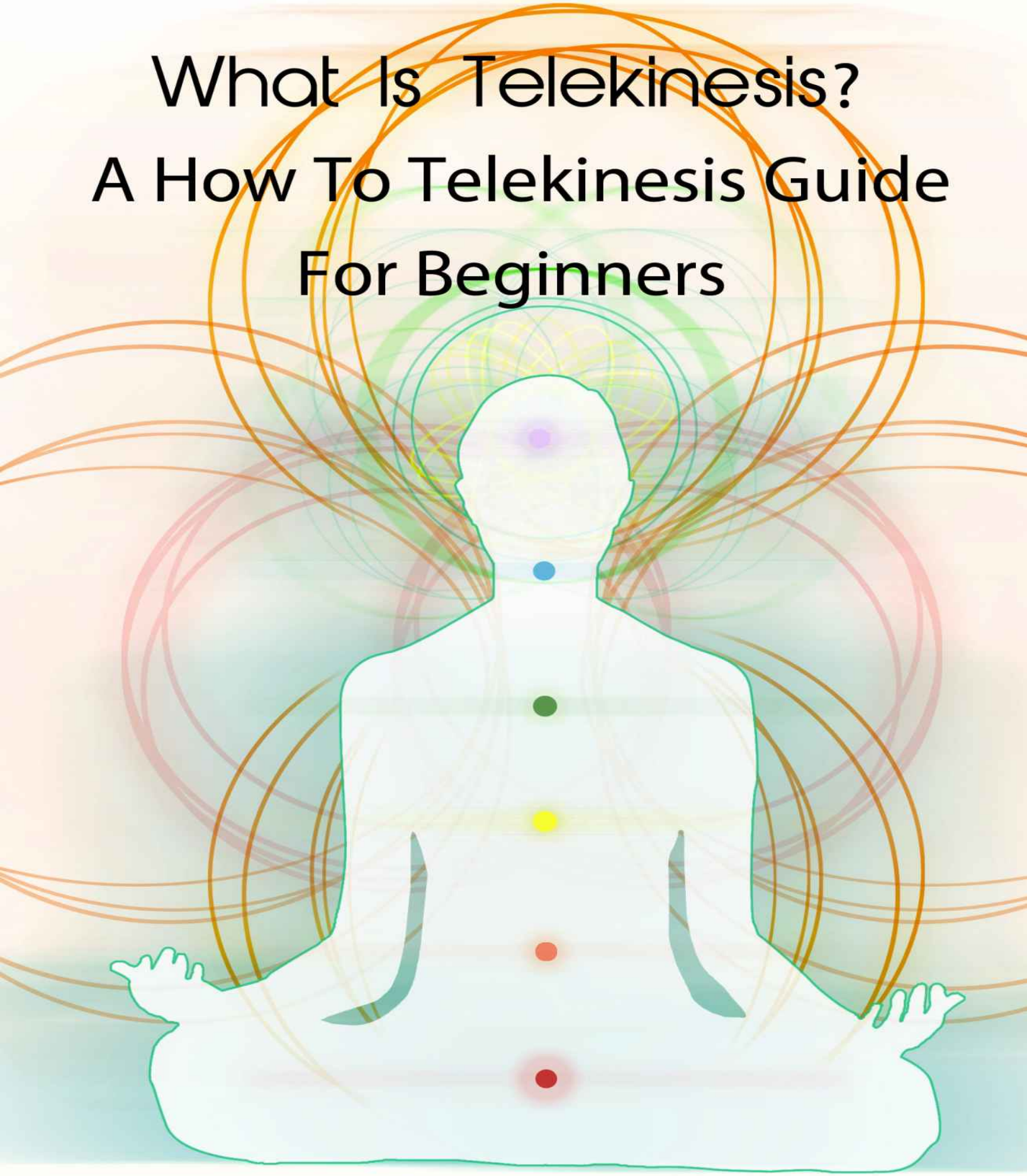
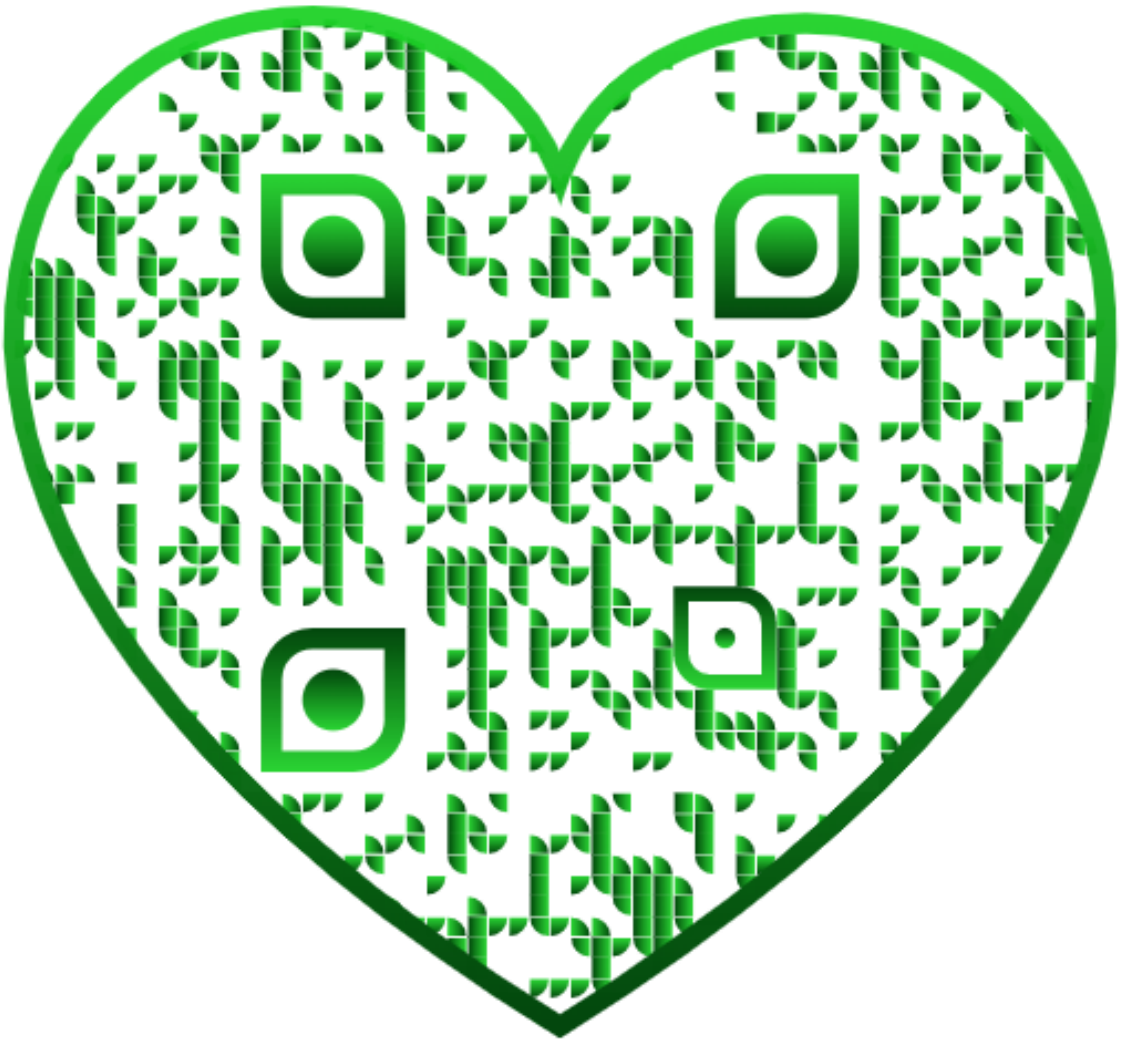
What Is Telekinesis?

A How To Telekinesis Guide For Beginners



Nicolas Holder



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Nicolas Holder

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"Space and time are not the conditions in which we live, they are simply modes in which we think" – Albert Einstein

Summary:

There are still millions of things on this world that we are not aware of. Each year a new mathematic formula is created, physics pushes the boundaries further beyond Einstein and Newton, a new disease takes numerous lives, dozens of new species of both plants and animals are found… Nature simply has its mechanisms that we cannot so easily overcome. But probably the most complicated nature's mechanism is – a human. No wonder then that we, beings that want to know everything about everything else, know actually so little about ourselves.

Sure enough, we know pretty much about our own anatomy. Why? Because it is the material part of us, we can see it, feel it, explore it and experiment with it. But is that really all that we are? Can there be anything more about a human being beyond the material part? What about the mind? Well, actually, we don't know.

The mind cannot be seen, felt or dissected, and is therefore the greatest unknown, whether we admit it or not. Though many experiments have been conducted during the course of the years, we still do not know how exactly even our conscious mind works, not to mention the unconscious. It has never been studied thoroughly enough, and there is not a single scientist in the world that can explain it and its processes with certainty. Just what if our mind had the power to directly influence matter itself?

Only in the recent history have people begun to understand that potentials of the mind may reach far beyond calculations and solving equations. Experiments are now conducted to see how far its powers go, and if it is really possible to move, distort or in any other way influence matter purely by willpower. Parapsychology, once ridiculed and laughed at, may indeed be the key to such phenomena like Extra Sensory Perception (ESP), which includes telepathy, telekinesis, out of body projection, remote viewing etc. The aim of this report is to point out to ESP and especially telekinesis as at least plausible from the scientific viewpoint, as well as to explain the methods for exploring one's mind and developing these abilities.

Table of Contents

Summary:

Introduction

What is telekinesis?

- History of telekinesis
- The mystery behind ESP and telekinesis

Is telekinesis possible – the quantum physics dilemma

The theory behind Telekiniesis

- The Body
- Translocation – Bilocation
- Objects
- Practice

Visualization and the power of the mind

Case studies of famous mediums

- Stanislawa Tomczyk
- Eusapia Palladino
- Swami Rama
- Ted Serios
- Uri Geller
- Nina Kulagina

How to develop own telekinesis ability

- Method 1 – small object
- Method 2 - candle
- Method 3 – hanging object
- Method 4 – the PSI wheel

Introduction

Ever since the beginning of mankind, humans have always tended to believe in what they can see and touch or feel, and willingly or not, they somehow always neglected what could not be seen directly. Probably the best proof that this was the case is the theories and formulas forged by some of the greatest minds of humankind, who had to undergo a terrible treatment in order for their work to be recognized. The finest example of this kind of treatment is by far Galileo Galilei, the man who claimed that Earth is not the center of the galaxy, but rather revolves around the center, in which stands the Sun. He was nearly killed for that statement!

We now know that not only Earth but 7 more planets revolve around the sun, and we know it for a fact, but for him it took the better part of his life to try to prove it. The times have changed, humankind has evolved, and people now have more sophisticated methods of proving many things once considered impossible, yet, perhaps out of that inborn feeling of fear of the unknown, some people still have that same chills going down their spine upon the very mention of the terms still hardly explored by science, such as parapsychology, telepathy, telekinesis, ESP or out-of-body projections. And just because something is not fully known to humankind, it doesn't mean that it doesn't exist.

On the contrary, consider the atom and its particles, protons, electrons and some other, even smaller pieces of that nature's "puzzle" – we still cannot see them with the naked eye, some even under the largest of microscopes, and some have only theoretically been proven to exist – and yet – the ENTIRE WORLD is formed out of atoms. What cannot be seen does not necessarily have to be impossible or non-existent, maybe we just need some more time to adjust to it and study it more closely. Exactly that is needed with the relatively young science of parapsychology.

When speaking of parapsychology, two terms come springing to one's mind – telepathy and telekinesis as main examples of ESP (extrasensory perception), though there are various other forms of "paranormal" behavior, as some call it, mocking the very thought of a person being able to

influence anything other than his own thoughts through the power of his mind. And telekinesis proves just the opposite.

Telekinesis is the power of a human to influence material world around him through the power of his will, or better to say his mind, since we will see that telekinesis is not necessarily a willing process. Through telekinesis, people are able to move things, meaning physical objects, without ever touching them by hand. This phenomenon has been known to exist a long time ago, but only recently has it been put to various tests in order to prove its genuineness.

For many years, centuries even, all who possessed this gift were mocked and ridiculed, and almost always classified as frauds and cheaters. For that reason, many decided not to show their gift in public, and so it remained a mystery until the post WWII period, when both Americans and Russians started doing tests on people with telekinetic powers in order to gain an edge in the Cold War.

What is telekinesis?

History of telekinesis

Telekinesis, otherwise known as psychokinesis, is direct influence of the mind on any physical object, without the presence of any known physical type of energy. In laymen's terms, telekinesis is movement or distortion of any object from one's surroundings only by thoughts, without actual physical contact of any kind with it. The first term telekinesis was coined in 1890 by a Russian psychical researcher Aleksander Aksakof (or Aksakov), who came up with the name for the phenomenon, derived from Greek *tele* meaning **distant**, and *kinesis* meaning **movement**.

The term psychokinesis was coined a bit later, in 1914, by American publisher Henry Holt, and derived from Greek *psyche* which means **life or soul**, and *kinesis*, meaning **to move**. Original meaning of the term though, was only coined in order to describe mysterious movements of objects that were initially attributed to ghosts of deceased people, or angels, demons or some other supernatural forces. It seems though that telekinesis never actually emerged from under that veil of mystery and supernatural.

Early works on telekinesis suggested that there was actually an unidentified fluid within human mind, which was capable, under certain circumstances, of leaving the mind itself, and affecting the physical world around it. This view, held by individuals like Camille Flammarion, French astronomer and author, and William Crookes, British chemist and physicist, pioneer of vacuum tubes and the inventor of Crookes tubes, was later on challenged by psychical researcher Hereward Carrington, a well known investigator of psychic phenomena and author. He argued that any such type of fluid was only hypothetical, as there was no indication of its existence nor has it ever been discovered.

Although first written reports of telekinesis as such reach back to the 19th century, there are some arguments that indicate the usage of telekinesis way before that, ever since the early days of mankind. There are numerous stories of people performing what was thought to be miracles at the time, and what can easily be accredited to it.

Folklores of almost all ancient civilizations are full of such stories. For instance, many argue if telekinesis was the force that ancient Egyptians

used when building pyramids, or if Moses actually used some form of telekinesis to part the Red sea during the escape of the Israelites. Though most of these are probably over exaggerated, there are still those stories that were written by the most prominent figures of their times, and events that were witnessed by more than a single individual, sometimes even by hundreds. Such events, which have been historically proven to have happened but which cannot be 100% defined or explained, still today cling on the verge of being credited to “supernatural”.

In more recent age, even though there were some tests done at the turn of the century, telekinesis was only researched actively after WWII, during the era of the Cold War. Both Russians and Americans wanted to develop a technique that would allow one of them to affect or attack the other without sending any men to actual battlefield.

This was the era of the “paranormal boom”, the increase in the interest in PSI powers, telepathy, telekinesis, and other forms of “paranormal” behavior. Most of the experiments that are best known, and certainly the majority of the most convincing experiments date from this period. Even so, telekinesis is still widely researched today, and notable results are achieved year after year.

The mystery behind ESP and telekinesis

All ESP activities, as mentioned before, especially telekinesis, thoughtography (the ability to project one's thoughts on an undeveloped roll of film) and astral projection, were once accredited to otherworldly beings, such as ghosts, spirits and demons. It took many decades for the educated people to recognize much more in these phenomena then they were presumed to be, and to start connecting the events to a more "lively" environment – to the living. As soon as the fist experiments started, it became obvious that people, or rather people's minds, were the ones controlling the matter. Not long after, the term "mind over matter" was coined to explain such events.

There is hardly any one of us that has never experienced some form of ESP. Be it a telepathic event where we simply know what our interlocutor has to say before he opens his mouth, or a precognition or *Déjà vu* effect, when we somehow know the sequence of actions during a particular event, or even a telekinetic incident when we are, for instance, in need of a particular object that we know is far away and then we find it right under our noses as if it mysteriously moved there, there is probably no person in the world that can say he or she never experienced something that can only be described as ESP. But is this really incidental? According to psychic researchers, NO it is not.

Two basic types of telekinesis have been reported, large-scale and small-scale. The first form, the so-called Macro-PK (or Macro-TK) is interesting to spectators, since it is the type of telekinesis that can be seen with the naked eye. This is the form of telekinesis that has led to many disputes over the century, as it is the most intriguing form. But there is also another type of telekinesis, one which cannot be seen with the naked eye, and it is called Micro-TK. As opposed to Macro-TK, this type causes changes to molecules, atoms and subatomic particles, and is visible and measurable only via special scientific equipment.

When a person focuses very hard on a particular object with the intention to move it, what he is actually trying to achieve is willing telekinesis. His intention is to move an object to such a distance that it can be viewed with the naked eye, meaning his intention is to cause large-scale

telekinesis. On the other hand, ever since the scientific research of the phenomenon started, it has been very hard to find subjects that are able to perform Macro-TK at will. Rare are those that possess that degree of self-control and initiative needed to perform telekinesis on any given moment. Therefore telekinesis is still a rare gift, but a gift everyone has. Some, a lucky few, have nourished and developed it further, and are able to show it to the world, while the majority of others manage to perform it once in a while, themselves unaware of what it was that actually helped them "do the trick". Now, this has been a subject of many studies, and it is today believed that, just as mentioned before, telekinesis is actually an UNWILLING process of the mind. By unwilling, we mean a process that happens on a subconscious level, when subjects are not really aware of it and therefore are not willingly trying to achieve it. These studies show that telekinesis is likelier to develop in teenagers, during the process of highest mental development, when their brain is receiving many new information on a daily basis, and their mind is developing states of cognition above the range of those of a child, and towards the range of those of an adult. And though studies show that everyone can achieve a telekinetic effect, willing telekinesis is more often observed in teenagers, or people who are developing the process since their teenager years. However, there are numerous reported cases, as we will see later on, of people who tried willing telekinesis for hours or even days, and only achieved it when they were about to give up.

Is telekinesis possible – the quantum physics dilemma

Scientists now believe that we only use about 7% of our total brain capacity. To put it simple, it is as if we owned a land the size of the entire US, but if we only cultivated and used one part of it, a little less than the size of Texas. That would leave almost an entire country, which is half of North American continent, unexplored. The same goes for our brain. It is said that even the best of geniuses never used more than 10-12% of their brain capacity. That leaves, at best, some 90% of unexplored territory. Therefore, what happens beyond the conscious part of our mind remains a mystery. Could there be any hidden powers deep in the recesses of our minds?

Apart from the "ordinary" improvements like thinking better, calculating faster or reading with a single glance, imagine what other "extraordinary" capacities our brains might contain. What about if we could actually move things only by the power of our mind, or think photographs into existence, levitate from the ground or change the odds in a gambling game? Well, we can. Some of us have already acquired the routine, and some might need to put some effort into it, but it is possible. But there are no supernatural forces involved in any of the ESP phenomena. All ESP could be easily explained if one should take a closer look into quantum physics.

Namely, even though most ESP phenomena are inconsistent with the known laws of physics, that fact alone does not make them impossible. Just because we do not know how something works, does not mean it doesn't. Perhaps we simply need to try harder and broaden our views, and correct what we know about physics so far.

Physicists often make the mistake of taking things for granted, and not testing further the theories that have already been proven to work under certain conditions. Such was the case even with one of the most famous and used laws in physics - Newton's law of gravity. We now know that Newton's law of gravity works only as an effective approximation, which is good to a well-defined accuracy. For instance, we can find the force between two objects with certain masses separated by some distance using

Newton's law, but the precision of received results drops formidably with the rise in the distance between them. Furthermore, we are aware that Newton's law can be somewhat successfully applied to matter as we know it, but what happens if we apply it to dark matter, which is again proven to exist but not visible? The results are not nearly as good. There are many ways in which a particle of a common matter can deviate from the laws of gravity as well as from general relativity. One could only imagine how deviant a particle of dark matter might be. But no physicist, at least not known to us, has ever come forward saying he knows everything there is to know about physics.

And it is exactly quantum physics that both challenges and at the same time allows for the ESP phenomena, especially telekinesis, to be possible and reasonable, without having any "supernatural" properties whatsoever. This is so because, on one hand, quantum physics implies that there are only four known forces present in nature: gravity, magnetism or electromagnetism and strong and weak nuclear forces. Excluding the last two since they are only available on subatomic level and their range is less than a millimeter in diameter, we only have two forces present – electromagnetism and gravity. Therefore, for a mind to be able to, for example, bend a spoon, it would need to be able to produce either an unknown force, or one of these two.

Quantum physics in association with biology implies that human brain is not capable of either producing or retaining electromagnetism of that magnitude, which would be the only force strong enough to cause the bending. Therefore we only have the force of gravity which is not that strong a force, and the cells in human brain, considering their size, cannot possibly produce more than 10^{-9} of its force, which is one billionth of the force of gravity, and we know that gravity itself does not bend spoons, let alone a force so much weaker. To sum it up, since the human mind does not produce any new type of force, and the one it can produce is so weak, human mind is incapable of bending metal, or in any other way interfering with the material world. Or is it?

On the other hand, that same quantum physics has another theory, one that says that everything around us, all objects and all people, all matter in one word, actually has wave structure. It would be quite inconsiderate if we

would try to explain the whole theory in detail here, but we will try to explain at least the basics of it.

Namely, there is a whole section of quantum physics called wave mechanics, which deals with wave properties of light and particles within an atom. As all particles display certain wave–like properties, this implies that all matter has, in fact, a wave like structure. Principles of the "metaphysics of space and motion and the wave structure of matter" describe how matter as we know it exists in space as a spherical standing wave, which interacts with other matter in the space around it. And there we go! Matter is not a solid-state thing anymore, existing only as particles, but rater has wave-like properties. Simplified, this means that matter reacts to its surroundings by sending waves and receiving waves. Why is this important? Well, it just might be the largest existing theory supporting the possibility of ESP-like phenomena, and especially telekinesis!

Everything that happens in our mind causes brain activity. This activity can easily be measured, and has long ago been established as brain waves. So everything we feel, see or think causes certain brain waves. Considering the aforementioned theory, if everything we know of is or at least behaves as waves, and therefore interacts with other waves, then it is almost foolish to say that a person's brain activity COULD NOT cause it to change shape, distort, or move. In other words, if waves react to other waves, than all we need to do is "fine tune" our brain activity, and adjust it to just the perfect frequency so as to interfere with the waves of the matter, or the object we want to influence.

To summarize, on the quantum level, all matter is energy. Back in 1944, in his speech "The Nature of Matter", one of the most important German physicists, Max Planck, said: "There is no matter as such. All matter originates and exists only by virtue of a force which brings the particle of an atom to vibration and holds this most minute solar system of the atom together. We must assume behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter." If we apply to this the theory of the expanding space, which is the process happening ever since the beginning of the universe according to modern science, that means that at one point, all matter that now exists, both on our planet and in the entire universe, was once packed in so tightly together that

it was a single particle. Having in mind the First Law of Thermodynamics, if energy cannot be destroyed but rather only changes forms, than at one point we were all part of the same matter. Even though this matter has now spread in thousands of directions, there is still a link. And if by producing thoughts, one actually uses energy, and the entire world basically consist of energy, then these two energies must interact on some level. This is what makes telekinesis very much plausible.

The theory behind Telekiniesis

"TELEKINESIS (TK): The ability to cause at a distance by cerebral-generated motive power the movement of matter or energy, inclusively or exclusively, solids, liquids, gases, plasmas, particles of matter, or particles or waves of energy. "

PSYCHOKINESIS (PK): The ability to cause at a distance or by physical touch using the mind's will power and imagination the extraordinarily profound movement or manipulation of matter, energy, or events.

Psychokinesis stems from the Greek words psyche meaning life or soul and kinesis meaning to move. Simply restated, "psychic" energy that has the ability to move things without the application of a tangible physical force. Energy can be measured but we can't always use our visible sight and the other senses to quantify validity. Many think the universal life-force energy is tapped and expended into the physical ability to move things. Energy and intent is most powerful. This energy can be viewed as water current where one controls or directs the flow and/or intensity of the flow. The energy to move objects directly relates to the focus of the mental energy.

The Body

"Telekinesis is a very special mechanism of motion of objects, which (the motion) instead in our physical world, was initiated in a separate world called the "counter-world" (the counter-world is this other world, which religions used to call a world of spirits)."

As many know that there are many worlds and dimensions so this would also make some sense. In the many dimensions or "counter-world" as mentioned above, it is where shamans, mystics, saints, monks and magical adepts do their healing and magic. When they operate in this world, the two are blended and we see "miracles" such as objects appearing from nowhere, disappearing and reappearing, strange weather occurrences, voices, animals and strange lights along with many other phenomenon.

Psychokinesis-PK and telekinesis-TK not only applies to everyday objects, but the physical and spiritual body moving from one realm to another or traveling any perceived distance from one place to another.

Translocation – Bilocation

Two terms that closely parallels and directly relates to PK and TK is bilocation and translocation. The "kinesis" of energy can help explain what what these terms are and demonstrates the "movement of energy consciousness".

The term bilocation is mainly defined by a person who is in two places simultaneously as a projected physical double in some form on earth. One moves their energy into some manifested form consciously as in astral traveling or unconsciously as in person who is dying.

The term translocation is defined as being more transdimensional and applied to out of body experiences as well as UFO's that come from dimensions other than our own. Translocation is about traversing dimensions beyond space-time to become physical in that particular dimension. The perspective of being seeen is from that dimension. This could apply to Ancient Beings and apparitions becoming manifest here, their dimension to ours.

In doing any shamanic work, traveling to other worlds lends a deepened appreciation of how energy and consciousness moves.

Objects

Mental activity seems to effect this ability: puberty, major life changes, stress, emotional development and behavior issues including spiritual stages and development. The brain is a pretty complex network of energy! On the Physics and Consciousness web site, it's illustrated that the subatomic particles are always working in conjunction with other particles and thought waves are a powerful force not only in "thinking and cognition" but as real tangible energy, moving, flowing and acting like water. Powerful stuff. It is this "mental energy" that we exuding, controlling the flow, of that universal energy onto physical objects - moving things! Chi, Prana, the Chakras all play an energetic role.

We can assume that telekinetic energy is natural, based upon laws of physics. If it's natural why can't everyone do it? It could be, innate, genetics, soul purpose, spiritual 'level', training, purpose and reason, responsibility...we can only speculate.

It seems to be the consensus that this ability "seems to be" tapped naturally in some people by:

- being still within for clarity
- Art of Being Aware
- being in the empty void of the mind
- letting go or unresolved issues (mental stuff)
- Innate abilities

Again, this changes the mental faculty allowing one to be more open and aware to the universal flow. People also have this ability when a certain trained mind set is achieved, knowing a certain frequency niche like tuning to a radio station. It is about focus, attention and clear thoughts. It also helps to use very vivid imagery. You "see" the object moving which in turn, directs your thoughts more powefully toward that object.

"The energy forming the basis of the telekinetic motive power emanates from the head region, not the hands, and not the body as a whole. It activates briefly in a controllable on or off mode by means of a learned mental triggering process and requires a short duration of metabolic recharging, with an increase of effect observed the longer the rest or inactivation period. An eventual headache is a side effect of many activations in a row."

Practice

There seems to be many aspects of "training" this telekinetic ability, trying to move floating objects, influencing pendulums or anything hanging, altering a compass direction, rolling pencils, bending spoons, even the use of divining rods in dowsing. Some imagine a direct tunnel of energy to the object. Some become the object. Others may make hand movements to help influence the energy. Some merely visualize movement. A good object to practice with are those metal toys that balance on a pivot, on a base, they are free moving and are balanced perfectly which reflects the tiniest movement. Those pinwheels that children play with can be good too. Everyone has the potential for this ability. In order to be a body builder or a marathon runner we need practice building up to it. Consider it mental excercising. And don't take it too seriously. Like with meditating, if you try try TRY you're too focused on the trying and not the doing.
Everything has an energetic field, and we are merely energy condensed. It's very possible with practice, one can train the mind to do this ability, if it's not somehow naturally innate without practice.

It seems moving objects can become a milestone in spiritual development with many striving to accomplish it. Some see it as a badge of "look what I can do". You may ask yourself honestly why you want do this. Once you've achieved moving objects you'll ask yourself..."Now What?" Remember, it's not about accomplishment.

There may be reasoning to strengthen kinetic energy, but none as powerful and long-lasting as being aware of the energy that is around you. The awareness of your thoughts, your intents and how energy moves and reacts in your surroundings is important. Knowing there are vast muliverses to explore expands our consciousness awareness of ourselves and aids in defining who we are and what we are about.

The kinesis family of terms is about being aware of the movement and manipulation of matter and energy from one place to another, either this world or in others. It's not the "power" of doing such, but our awareness of energetic interactions regardless of time-space restrictions.

Visualization and the power of the mind

As we have seen, telekinesis is by all means possible, according to modern science. But how can it be achieved? And why don't we all simply have the innate power to move things? Well, telekinesis is rather difficult to master, since it requires, as mentioned, some fine tuning of one's brain waves, but can be easily developed with a lot of will and effort. Just as an active smoker, in order to really quit smoking once and for all, simply needs to say to himself that he doesn't need the cigarettes, instead of trying different commercial products, so we need to persuade ourselves that telekinesis is possible, and try to think hard in order to achieve it.

People are prone to rapid discouragement if things do not go the way they intend them to. This is certainly the wrong approach if one is about to take on a new challenge, such as telekinesis. Instead of giving up, one needs to practice and practice, and when the things aren't going the right way – practice some more. This kind of self initiative along with one's self-confidence is the only way that leads to the reward – which is the movement of an object.

There are various techniques available for practicing telekinesis, and though different, all of them have one aspect in common – each and every one of them tells you to use VISUALIZATION. For telekinesis concretely, they teach you to visualize the object you are trying to influence, and the manner in which you wish to change its state. If you focus your mind, and direct your thoughts, you will be able to achieve what you desire. Imagine having a glass of water for instance. Now, if you try to, let's say, put out a cigarette with it from the distance of a couple of feet, you might end up missing it. Why? Because water disperses all around, and only a little part of it (if any) goes directly where you want it to go over such a distance, and hits the target. But, if you take a water pistol, pour the water from the glass into it and try again, you are much likelier to hit the target. Why? Because the same body of water now forms a focused beam of water capable of traveling faster, and to larger distances, and capable of landing closer to where it is pointed. So try to make your mind your gun! But bear in mind that not even this method guarantees a hit. Sometimes it takes more than one try. And sometimes it takes many more. In shooting a cigarette with a

water pistol, you would be lucky to make one hit in 3, 5 or 10 attempts. In telekinesis, you should be considerably luckier to make one hit in 10^4 or 10^5 attempts. That is one hit in 10000 to 100000 tries! It is the same as learning how to write – you need to try writing a sentence many times, and waste a lot of paper, before it will look perfect. But the following overwhelming feeling of thrill upon successfully performing telekinesis cannot nearly be compared to that of putting out a cigarette or writing one's first sentence. It's what makes it worth it!

To achieve the focus needed to willingly perform such feats as telekinesis or any other form of ESP, one needs to put aside all the other thoughts, and keep only those that are related to the objects he is trying to move. Just like when you throw a stone in water, the waves spread in almost perfect circles starting from the point where it his water, but only if water surface is undisturbed further. If you, for instance, place a stick in the water near where you throw the stone, the weaves will break against the stick as soon as they get to it. The same happens if you throw many smaller stones, the waves of each one of them distort when hit by the waves of another. So you can understand that only when pure-minded, you can focus your thoughts.

What visualization does is it provides you with a means of "thinking clearly" so to say, without interruption from the outside or any other inner thoughts. By visualizing, you force your mind to keep only one image in place, and subdue everything else in order to keep that image. What your mind does, basically, is act like a painter who has a canvas by his side, and a model in front of him. With mind as your painter and brain as your canvas, all you need to do is make the model as "visible" to the painter as possible, for him to be able to "paint" it, meaning rearrange it the way he wants.

For people trying to achieve telekinesis, visualization exercises are recommended on a daily basis, and they do not have to last any longer than 5 minutes a day. If you review all the time spent each day on various other "wasteful" thinking, including absent-minded day-dreaming which is common to almost all of us, the 5 minutes of focused peace and quiet is a small price to pay considering the possible gain.

In telekinesis, visualization means imagining yourself doing what you want to do to the desired object. So if you are trying to knock down a pen set vertically on the table, you must imagine not only the pen falling, but rather the whole process – visualize yourself moving your hand towards the pen, and touching it with the tip of your finger just enough for it to fall down. The visualization must be realistic, not the dreamy kind of blurry images of yourself but rather the exact picture of you or your hand moving towards the pen and toppling it.

But this visualization must not be forced. What is meant by forced? Well, you must not allow yourself to feel discouraged if you do not achieve what you wished for right away, and try changing your visualization each time in order to achieve the result. You must not be focused solely on the result. The visualization must be relaxed, meaning a normal flow of thought, purified from any foreign influence. If, for example, you imagine what you intend to do, but you do not succeed in your first or second attempt, you mustn't let go to your inner feelings of anger, discouragement or despondency.

These feelings create in you a negative atmosphere, one where your thoughts, whether you are aware of it or not, start turning away from you actual visualization and towards your emotions. As a result, you feel that your visualization is not working, where instead your thoughts on a subconscious level are not even tuned in with you. The truth is the harder you try, the more energy you spend on forcing the visual aspect, the more eager you are to achieve the results - the likelier you are to fail, as your thoughts divert towards achieving results and not towards proper visualization. The more stress you generate within you, again whether you are aware of it or not, the less confidence you have, and that is what starts holding you back instead of showing progress.

In the beginning, whether visualization is proper or not, you will likely have little (if any) success. That has nothing to do with your thoughts, your visualizations, and certainly nothing to do with you not being "special" enough. Even though you often hear that only certain people can achieve telekinesis, that is not true. ANYONE can do it, but it takes practice. If you fail at first, it only has to do with the WAY you think. When you are new to the concept of visualization, even if you follow all the rules and create

proper images in your mind, you still need to get used to the idea of visualization as such.

Each one of us is used to having a bunch of thoughts scattered around our minds, and trying to perform any given task usually requires only finding the right one and, metaphorically speaking, reeling it in. But here you need to actually suppress all other thoughts, and amplify the one you need, yet do it in a discreet way, not forcing the outcome. Possible initial feeling of discomfort might come from the fact that what you are trying to "invoke" what has always been a part of you, but you have never tried to access it before. Therefore you must relax and let it be a part of you.

Doing so repetitively trains your mind in easing itself into a process in which it attracts desired items and makes them one with your thoughts. Additionally, since as we have seen subconscious part of the mind is usually the one controlling telekinesis, you help the subconscious part of your mind "see" the input you are presenting to it, which helps it believe in it more firmly.

Following the above mentioned simple rules, you will be amazed by the results you achieve. If you are persistent enough, and have enough faith in yourself, you can do it. Just do not be stubborn, and follow the normal flow of your thoughts. In the beginning guide your thoughts through the process, for later on they will be the ones guiding you.

Case studies of famous mediums

Unlike the common belief that a medium is only that person that is in some way able to communicate with the world of the dead, mediums are actually all people capable of achieving any of the feats that could be classified as ESP. History is full of both written and narrated stories of heroes and ordinary people achieving extraordinary feats such as telepathy, astral projection or telekinesis. And all these people can be classified as medium. If you are to take a closer look into it, you will come to realize that actually many of the most famous feats accomplished before the modern age and its machines, meaning long before they were recorded and certainly long before we knew about them, can only be explained by telekinesis. For instance, as mentioned before, what about the pyramids? How were the stones carved at that time without even the simplest of the modern tools, and furthermore how were they transported to the desired location and piled up one atop another? And did Moses really part the sea for the safe passage of the Israelites?

There are numerous other examples of such achievements throughout the ages. You have to keep in mind that many of these stories existed much before they were written down, so every narrator changed the story the way he wanted to until it finally got the shape in which it was written. Perhaps some of them are over-inflated and perhaps not true at all, but something had to have inspired them. You also had to bear in mind the fact that we today do not really know much about telekinesis, and one can only imagine how it must have been 2000-3000 years ago. Probably any ESP phenomenon would have been experienced as something supernatural, and with the emerging of religion, it would most probably be declared God's work, or later on Satan's doing. Nevertheless, if we cannot be 100% sure about the happenings from our distant past, we certainly have enough written and even recorded evidence from our recent past, from the period of at least the last 100 years.

Even though telekinesis was extensively tested through the course of the last 100 years, especially from the post-WWII period to the mid '80s, no research has been thorough enough to confirm without a shred of a doubt that telekinesis exists in a scientific way, yet none has proven that it

definitely doesn't. Since many of these experiments were photographed and recorded, it is actually left to the public to decide whether a human mind is capable of such feats. And according to what is available to the public out of everything that has been recorded and scientifically tested so far, it IS.

Here are some examples of the famous mediums and what they were able to achieve.

Stanislawa Tomczyk

Stanislawa Tomczyk was probably one of the most known mediums of the recent age. She was a Polish spiritualist from the early 20th century. Though there are only few visual documents available from that period, it is said that she possessed many abilities, some of which are telekinesis (the written documents state "producing movements without contact"), stopping the movement of a clock disclosed in a glass container, and influencing the roulette table so as to get the numbers set by herself more often than it was justified by chance. She seemed to be causing the movements of these objects through the tiny threads that formed on the tips of her fingers during the séances. These threads were exceptionally thin, and when cut in half by scissors, they would be immediately restored to their former shape. The threads were clearly seen, as the experiments usually took place in good light.

Photo of Stanislawa Tomczyk, taken in 1913, that shows her floating a pair of scissors in midair. Her hands were examined and washed before each séance, and nothing was found to explain how she did it.

Tomczyk was under the guidance of psychologist Julian Ochorowicz, who led the séances and controlled the environment they worked in, in Wisla, Southern Poland. What Ochorowicz did was regularly hypnotized Tomczyk for therapeutic purposes, and what he noticed was that she was controlled by the entity called “Little Stasia” that, according to her own words, was not a spirit of any deceased person. He later on found out that Little Stasia was actually a diminutive of Tomczyk’s own name, Stanislawa, and that it was probably her double or alter ego and thus a part of her. He was proven wrong at one point when he was able to obtain a photograph of Stasia in an empty room deprived of any light source, while Stanislawa was with him in another room. Sadly, even with today’s wonders like the internet, this photograph is nowhere to be found.

In 1909, one of Tomczyk’s séances was witnessed by Professor Theodore Flournoy, who was so astonished with what he had seen that it left him, according to his own words: ”… in no doubt as to the reality of simple telekinesis…”. The experiment was replicated some time later in Geneva, Switzerland, and this time attended by Fluornoy’s colleagues Professors Clarapede, Cellerier and Batelli, as well Fluornoy’s own son. However, this time the spectators ended up being disappointed.

Further research was undertaken in 1910 by scientists at a physical laboratory in Warsaw, Poland, where Tomczyk produced remarkable results under strict test conditions. These results, as well as the entire research, were later on published by Baron Schrenck Notzing in his 1920 book “Physikalische Phenomene des Mediumismus”.

Eusapia Palladino

Eusapia Palladino (21.01.1854 – 16.05.1918) was an Italian medium famous for the performances she put up all around Europe, including France, Germany, Poland and Russia. These performances were not cheap at all for that time, but those who could afford it indeed had something to see. Palladino was a very versatile medium, and her powers consisted of more than one form of ESP. She was known for levitating and even elongating herself. Her powers included apportioning of flowers, materializing the dead, producing spirit hands and faces in pieces of wet clay and even levitating tables. One of her favorite performances was playing an instrument under the table without any physical contact. She was also reportedly able to communicate with the dead with the help of her spirit guide John King. She was considered a true talent, and her audience included some of the greatest minds of the age, including several Nobel Prize laureates.

Palladino was born in Minervino Murge, Bari province, Italy, into a peasant family. This fact from her life in a way helped her career, as she was considered a normal, everyday woman with extraordinary powers, which contrasted the steady belief that only mystiques could perform "miracles".

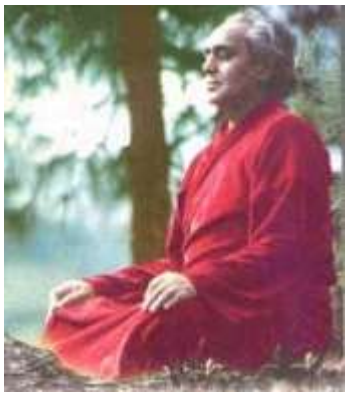
Eusepia Palladino during one of her séances

Of all the people who investigated her achievements throughout Europe, probably the most notable are the Nobel Prize laureates Charles

Richet, who studied her over a period of several years, and Pierre and Maria Curie and Jean Perrin, who investigated her while she was doing her séances in Paris. Pierre Curie was, in absence of a better word, fascinated by her feats, and later said about her séances: “It was very interesting, and really the phenomena that we saw appeared inexplicable as trickery—tables raised from all four legs, movement of objects from a distance, hands that pinch or caress you, luminous apparitions. All in a [setting] prepared by us with a small number of spectators all known to us and without a possible accomplice. The only trick possible is that which could result from an extraordinary facility of the medium as a magician. But how do you explain the phenomena when one is holding her hands and feet and when the light is sufficient so that one can see everything that happens?”

As she grew older her powers begun to fade and she was performing less frequently, until she eventually disappeared form the European public scene.

Swami Rama



Certainly an interesting case worth mentioning is the Indian holy man called Swami Rama. He was born in 1925 in a small village in northern India, in the Garhwal Himalayas. Ever since he was a boy he was taken and raised by his master, Bengali Baba, who later persuaded him into going to the West, where he spent the better part of his life teaching. He travelled across Europe and the USA.

Swami Rama is perhaps the most noted of the Indian holy men, as he was the first to allow Western scientists to study him and perform experiments on him back in 1960s. Before him no other holy man allowed to be studied or even filmed while performing, and certainly not by foreign scientists, let alone Americans.

It was in 1969 that Dr. Elmer Greene and his wife received a call from Dr. Daniel Ferguson regarding a patient he was treating at the time in the Veterans Administration Hospital in St. Paul, Minnesota. Dr. Ferguson informed the couple that he had a most unusual patient, a yogi that was capable of controlling his own heart beat and obliterating his pulse entirely. Ferguson called the couple to gather a scientific crew and come to visit and study the yogi. As of 1970 the couple was set and the experiments started.

In these numerous experiments, the yogi showed various forms of what can only be classified as controlling the matter. In one experiment, Rama was able to increase the temperature of the left side of his right arm by several degrees above the right side without ever moving either hand. What is peculiar about Rama's case, is that in this and some other experiments, a polygraph was used to check if he was really able to what he claimed and do it at his own will. And indeed, what the polygraph test showed was that the sound of his voice when he was announcing the beginning of the experiment coincided with the beginning of changes starting to take place within his body.

Another interesting, though dangerous experiment was when Rama voluntarily stopped his heat beat and therefore the blood flow for nearly 17 seconds, without even blinking so as to show that something strange was happening. Experiments further showed that Rama could willingly produce different kinds of brain waves, including sleep waves while he was actually aware of the surroundings.

At two occasions, Swami Rama was able to move a knitting needle from a distance of five feet, while being under strict control. Namely, his mouth was covered with a special mask so he wouldn't be able to produce the air needed to cheat his way into moving the needle, and his entire body was covered in a gown. Furthermore, all the ventilation shafts in the room were sealed for the purpose of the experiment. Nevertheless, physician present at the time was not convinced that the conditions were controlled enough, and suggested that there might have been some kind of air movement.

Swami Rama died in 1996. He is remembered for founding Himalayan Institute of Yoga Science and Philosophy, and remains one of the most prominent figures in both Indian, and parapsychology worldwide. To the last day he claimed that his powers came from the techniques of meditation mastered over many years of training and nothing more.

Among those that manifested, among others, the ability of telekinesis, the following three people were probably the most famous mediums, most thoroughly tested, and their feats were well documented on photographs as well as on tape. This is because of the fact that they were the most recent "wonders". They have been subjects of some of the most raging debates regarding ESP, but they have never been proven without any doubt to be either frauds or real phenomena.

Ted Serios

Of the three most well known mediums, Ted Serios is probably the most peculiar one. Born in 1918, Serios was a Chicago bellboy who claimed to have developed psychic powers. But his powers were unlike any others. Namely, what he used to do differed from any other form of telekinesis, and was close to what the Chinese call "*Nensha",* or the power to carve one's thoughts into a surface. Serios was capable of producing the images from his mind onto an undeveloped roll of film. This telekinetic technique he named "thoughtography".

Ted claimed his images were the product of his psychic powers, but his stories only got credential after a Denver-based psychiatrist, Jule Eisenbud (1908–1999), took interest in him and endorsed his work. With Eisenbud as his backbone, Serios became a worldwide phenomenon in a short time.

Ted's method of work was the following:

He would take a small cylinder object that he explained was needed for his concentration, and he would place it on the lens of a camera. When he would be ready, he would either give the signal to the photographer to release the shutter, or he would do it himself. With the camera usually pointed into his forehead, he was able to produce many amazing photographs. These would range from the scenes he had seen around him, to detailed photos of buildings from places he had confirmedly never visited. He was also occasionally able to perform these feats even from the distance of several feet from the camera.

One especially interesting fact about Serios is that he was almost always inebriated or drunk when doing the photographs. In fact, in the rare occasions when he wasn't drunk, all he was be able to produce were "blackies" and "whities" as Eisenbud called them, which were actually either entirely black or overexposed photographs.

Not all of his images were clear and showing a place or thing that can be exactly pointed at. Due to this imperfection many could be interpreted in different ways, which made it subjective whether or not something other than blur was on them. But those that were nearly perfect showed a somewhat distorted picture of reality. That was exactly what puzzled the scientists working with him. It is said that, for instance in our dreams, our mind actually sees the distorted images of reality. The images that were projected clear showed exactly such properties. Of the better know photographs, two are particularly important – the photo of Eisenbud's ranch showing the barn out of place and different, and the photo of the entrance into the building of Canadian Royal Mounted Police, where "*CANADIAN*" was spelled "*CAINADAIN*".

He also showed a certain amount of an ESP phenomenon called remote viewing. As part of experiments, volunteers were asked to attend the sessions and hold sealed envelopes containing photos Ted was supposed to reproduce. It is reported that he was very successful at reproducing these images he knew nothing about.

Though he was on more than one occasion called a fraud he never admitted cheating, and no sufficient evidence was ever found to sustain those claims.

Ted Serios, who in his later years abstained from alcohol, died in 2006 as an 88-year-old.

Uri Geller

A man who showed remarkable success in many spheres of ESP including telepathy and telekinesis, Geller was born in 1946 in Tel Aviv, which was at the time the British Mandate of Palestine, Izrael. As a child of 11, he moves with his family to Cyprus, where he attends college and learns English. Working as a model in 1968-69, he started performing for small audiences at nightclubs as an entertainer, and become well known in Israel. Not long afterwards, Geller started visiting public halls, auditoriums, and military bases and performing his "miracles" with metal, which was his specialty, and the foundation of his career. But what actually is this remarkable person capable of?

According to his own words, Uri Geller possessed the powers of telekinesis, telepathy and dowsing. His performances included, among others, bending spoons and other metal objects, guessing hidden drawings, stopping watches and moving the needle of a compass merely by the power of his thoughts. He became famous after performing live on television shows.

His most well known telekinetic ability was bending of spoons. Namely, Geller was exceptionally adapt at causing keys, spoons and other cutlery to bend using only the powers hidden deep within his mind. He would take a metal object, which at first he held himself but in later shows he actually allowed the audience or show hosts or guests to hold them, and he would then gently rub its surface with one or two fingers, as if caressing it, never exercising any visible force upon it, and the object would start to slowly bend. In case of forks and spoons, he was able to "soften" the metal to such an extent that they would eventually break in half. There is an easily obtainable documented case from one of his live TV performances, when he

managed to break a ladle held by the show host in half in a matter of minutes. In fact, there are dozens of such videos online, showing Uri's truly remarkable ability. Geller's powers of telepathy and telekinesis extended so far that people often reported having their keys and other metal objects bent at home, while watching his shows and following his mental instructions.

Another thing Geller is capable of, again video-documented while he was being examined, is mentally projecting a picture or a number to another person. He could implant the image of what he wanted into another person's mind, and he would give the individual a piece of paper to draw or write down what they saw. He would have another piece of paper with what he projected, and the two would match. But what he became famous for was the reversed process. Namely, he would have an individual write something down or draw something, hide it from his eyesight, possibly conceal it in an envelope or similar, and he would then guess or draw what he received. These images he drew were almost always exactly that which was on the original. Even when they were not 100% like the original, they still had some 90% of similarity, and there is only one recorded case of him missing an image, which happened to be the most abstract image he had ever done. And even that one case counts as missing only scientifically. To an untrained individual, the resemblance is still remarkable. Interestingly enough, he had one thing in common with the thoughtographer Ted Serios. Most of the pictures he drew of the images received were actually mirror images of what was the objective drawing, or were distorted in some minor way, but never as much as not to be recognizable. As mentioned with Serios, this fact was found to be very intriguing, because human brain actually does experience the reality as mirror images. In his shows, Geller often performed this as entertainment for his guests, and as stated he nearly always had remarkable results.

Further on, in his initial shows and occasionally later on, Geller would make old watches work again, or stop them completely for a period of time. Again, after watching his shows, people at home reported of having their old watches suddenly stop or start working again. Exactly because of

these feats, especially because of the “miracles” happening to people at home watching his shows, Geller acquired masses of fans worldwide, and attracted the attention of scientists around the globe, who decided to pay closer attention to this young man claiming to be psychic. In December of 1972, a group of scientists from Stanford Research Institute, Menlo Park, California, conducted a set of experiments with Geller, with his consent of course, to see whether he was a genuine medium, or just another charlatan. These tests were conducted under controlled conditions, and all of them were thoroughly documented in writing and in video tapes.

Uri Geller during one of the testings

During these experiments, Uri displayed all of his most famous feats but showed that he actually had something more up his sleeve. In one of the experiments, a video of which is available online, Geller exhibited strong dowsing capabilities, when he was asked to find a metal bearing hidden in a container among a dozen of such containers. These were so-called “double blind” experiments, where neither the scientist experimenting with him nor Geller knew the exact position of the right container. An independent third person would rearrange the containers for them. In these tests, Uri performed exceptionally well, and at first needed to go over the containers with his hand, eliminating the wrong ones. He, of course, was not allowed to touch any of them, or it would be classified as failure. After the initial experiments, all completely successful, Geller reportedly got to a point where he didn’t have to use his hand any more, and even so far that he would point the right container just by looking at them upon entering the room.

In another “double blind” experiment, a die was placed in a metal box, and shuffled by a third person. Geller was to guess the number on the die facing upwards. Although he chose to pass two times of the ten in total, all of the eight guesses were correct. The probability of pure chance here was around 1 : 1000000, which was exactly what the experimenters were aiming for.

There were many more experiments done with Geller that we will not mention here, and he passed all of them successfully, but, ironically, the experiments about the one attribute that Geller was most known for, the bending of metal, though performed during testing, were not counted in as success, but rather noted under “additional research needed”. This was so because, though Geller was allegedly capable of bending metal even from a distance, he was not able to demonstrate it during testing, and had to hold the objects directly, which counted as a miss since he could directly influence the object.

Nevertheless, the testing performed by scientists Harold Puthoff and Russell Targ concluded that, as far as the two of them were concerned, Geller exhibited features that were still unexplainable by science and that could not be reproduced in any other way in a controlled environment, and they proclaimed him a genuine psychic. Of course, not everyone was convinced as is the case with literally all psychics, but it certainly helped Geller’s career and turned him into a real TV star, one that would later become a good friend of Michael Jackson and a very prominent figure overall. He even stared in several movies in ‘00s.

Geller with his 1976 Cadillac covered with pieces of cutlery used, touched or given to him by the most famous people in history.

Of all the mediums mentioned here, Uri Geller is the only one still alive. He is still active, and puts up shows from time to time. He is probably the most disputed medium of recent times, and though much fuss was being raised over his performances and success, no one ever proved him a fraud or a hoaxer without any doubt whatsoever.

Nina Kulagina

By far the most notable medium to this day has to be Russian Nina Kulagina. Born in 1926 as Ninel Sergeyevna Kulagina in St. Petersburg, Russia, Kulagina was one of the most studied mediums ever. Unlike Geller who was studied for a short period and most of video recorded material about him comes from his own shows or appearances in others', videos and photos about Kulagina are mostly from the experiments done with her. One might easily say that Kulagina was studied for the better part of her adult life. Though much of the experiments were conducted during the Cold War era when the race between the US and Russian in many fields was culminating and many stated her feats were a part of Russian propaganda, Kulagina remains the best studied medium, as scientists from all around the world and from all spheres of science studied her, including Germans and Americans. Among them were also two Nobel Prize laureates.

In her own words, Kulagina became aware of her powers as a girl, when at one point when she was angry, things started moving away from her as she would approach them. Later on, different phenomena started happening throughout her apartment including lights going on and off, and objects moving away from her or towards her, rearranging her flat. She realized that she was the cause of these happenings, and that she must possess certain psychic powers. She learned to control these powers, and initiate them at will.

In 1964 she had a nervous breakdown and was recovering at the hospital. During this time, Nina did a lot of sewing both as a pastime and to take her mind off the hospital. The doctors were amazed after they noticed she always picked exactly the color of thread she wanted form the basket where she kept them, without ever looking at the basket. The doctors contacted local parapsychologists, who immediately after she recovered, the following year, started the experiments with her. Apparently, Kulagina was able to "see" the colors with her fingertips.

As it turned out, Nina Kulagina was as versatile as a psychic at least to the extent Geller was. Her performance consisted of, among others, moving smaller objects across the table and making not only compass needle but the whole compass move at her will. A significant difference between Kulagina and Geller though, is that Kulagina was able to move any kind of object, regardless of the material it was made of. Geller had the best results with metal, easily manipulated by magnets, which is why many challenge his achievements even today. Kulagina's only restriction was the weight of the object, as she could only control smaller objects. But the thing that interested Russian scientist the most, especially in the Cold War era, was another of her abilities.

Namely, Kulagina was apt at influencing hart beats. Unlike Swami Rama who had the ability to influence his own temperature and hart rate, Kulagina could easily influence others'. In one experiment back in the 1970, she was given a live frog, and the task was for her to slow or stop its heart for a moment. As she performed this task successfully, the Russians started wondering if maybe they had a new kind of weapon at their disposal. Such weapon, capable if needed of affecting the Americans from a safe distance, behind the Iron Curtain. They decided to study her further to determine just how far her capabilities reach, and in another experiment they had a volunteer to have his heart rate slowed down. Kulagina almost caused cardiac arrest in the man, and the experiment was stopped. Record of this particular experiment, just all the others, were kept a secret, but somehow leaked when major deflections of notable people from Russia to US started. Parts of it can be accessed via internet and other sources, but nobody knows where the majority of the files lie. The extent of her actual accomplishments can only be imagined, as in order to keep her identity a secret, she was obliged for many years to use a pseudonym, Neyla Mikhailova.

Of what is left of the written documentation, one article is particularly interesting. A prominent Czech scientist connected with the Prague Military Institute, Dr. Zdenek Rejdak, published the following article in *Czech Pravda*:

"I visited the Kulagina family the evening of 26 February, 1968. Mr. Blazek, an editor friend was with me, also a physician, Dr. J.S. Zverev, and Dr. Sergeyev. Her husband, an engineer, was also present. Dr. Zverev gave Mrs. Kulagina a very thorough physical examination. Tests with special instruments failed to show any indication whatever of magnets or any other concealed object.

We checked the table thoroughly and also asked Mrs. Kulagina frequently to change position at the table. We passed a compass around her body and the chair and table with negative results. I asked her to wash her hands. After concentrating, she turned the compass needle more than ten times, then the entire compass and its case, a matchbox and some twenty matches at once. I placed a cigarette in front of her. She moved that too, at a glance. I shredded it afterwards and there was nothing inside it. In between each of tests, she was again physically examined by the doctor."

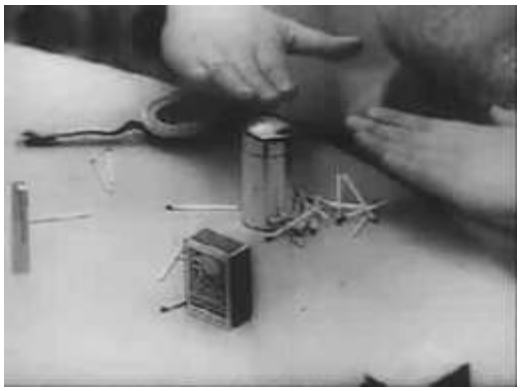
Less known to the general public, Kulagina too had some of the characteristics Ted Serios showed. Though these remain unrecorded, or at least the records are nowhere to be found, Kulagina reportedly was able to imprint the letters A and O on photo paper, and sometimes she could even imprint the outlines of a photograph she saw. But a quite remarkable phenomenon, again only reported with no substantial evidence, was that she was able to psychically develop a roll of undeveloped film, sealed in an envelope.

Another less known fact, and fact it is since it was documented, is that sometimes Kulagina's clothes would catch fire due to the enormous amounts of energy she produced. In a television show, near the end of her life, she was able to willingly reproduce this fire phenomenon, causing a bright red patch to appear on the arm of a European journalist.

A notable experiment, again a strange one, but neatly video recorded, is the one where she is presented with a raw egg floating in a glass container filled with salted water. Kulagina managed, in the video at least,

from a distance of almost two meters, to separate the yolk from the white and place the two to opposite corners of the container. Though it is not seen in the part of the video that is easily accessible, it is reported that if she would concentrate enough, she could even put the egg back together.

All these feats Kulagina performed, as one can imagine, used up a lot of her energy. She was reportedly loosing from two to four pounds per experiment, and she needed a lot of time in between experiments. It seemed as if she used her own body as a battery for producing the energy, and the battery was getting depleted. Usually it would take her some 3-4 hours to prepare for one. This is why most critics believe she must have been cheating, regardless of the fact that she would be thoroughly examined before each experiment. However, she was spending this time to concentrate, because as she said herself, she needed to have pure mind, clear of any thoughts except those that focus on the tasks. During the experiments, her pulse and blood pressure would either drop below normal limits, or jump sky-high, and the available documentation shows that while doing some experiments her pulse would go as high as 120 BMP and her pressure over 220.



The effects continuous experiments had on her body eventually reflected on her health, and she was admitted to a hospital in the late ‘70s for a nearly fatal heart attack. She was advised to abstain from experiments for a time, and she did just that. She would still do them, but not to the extent she did before the heart attack. During this period another taped experiment occurred, when two German scientists came to her home unannounced, and as the table was set for a meal she begun moving just about everything on it. She would put smaller glasses inside bigger ones, and she would then move them, completely unaided by any kind of aid such as thread or similar, and she did the same with a small table-tennis ball. The scientists, needless to say, were amazed. As the time passed, she became increasingly more easily fatigued while performing, and

eventually stopped the performances altogether. When she was asked to perform one final time, near the very end of her life, she was unable.

Nina Kulagina died in 1990, symbolically marking the end of the Cold War and the end of SSSR. She is remembered as the psychic that was most experimented with, and of whose work exist the largest number of video-documented evidence. Though she had many critics since the first experiments with her started, Kulagina was never proven a hoaxer, and to this day no person, magician or not, was able to reproduce her feats exactly the way she performed them.

How to develop own telekinesis ability

For those that are willing to try to develop their own telekinesis ability, the most important factor to start from is BELIEF. If one is fully dedicated to it, he will succeed. People that truly believe in what they are doing have the best chance of actually achieving their goal, just like with anything else in life. Negative thoughts, disbelief and skepticism lead nowhere. Again, too much doubt in one's abilities may as well lead nowhere too. So the first thing every individual needs is positive thoughts, a positive overall approach to what they want to accomplish, and in case of telekinesis a great dose of persistence and will to try again and again. If, as we have seen before, telekinesis is an innate power of our mind, but if we have never used it, than it takes a lot of time and effort to "wake" it up. Rare are those known mediums that simply *had* the power to influence matter. Most of them became aware of it at some point in their lives, and from that moment on nourished the gift they possessed. That meant, according to their own testimonials, a lot of meditating, visualization, and psycho-physical preparations, and of course continuous practice. Another important thing to consider is WHY one would like to possess such properties. Telekinesis is not a feat one should use just for the fun of it. An individual has to be aware of the world around him, and clear the mind of any sort of egoism. There are many tests one can perform in order to invoke telekinesis, and only some of them will be listed here. Bear in mind though, that these are not imperatives, as every one of us is different in some way or the other and therefore each of us may have a more personal approach. These exercises are to be taken as a guide rather than an instruction manual, and every individual is welcomed to adjust them the way he or she finds fit instead of following it blindly, for what works for one person does not have to work for another.

Once more, the important notice – do not force yourself to perform telekinesis, as you are almost certainly bound to fail. Concentrate rather on yourself trying to invoke what is a part of you. DO NOT pursue the results, they will come with time, probably when you least expect them. It takes days for some people, weeks or years for others, and some never achieve it.

Having the right perspective on the entire phenomenon makes all the difference.

Method 1 – small object

Before actually trying to influence an object in any way, one needs to clear his or her mind entirely. Take as much time as needed; it doesn't have to be either 5 or 15 minutes. Once you feel you are relaxed enough, and have no thoughts floating through your mind deflecting your attention, take an object and place it in front of yourself on a table or similar flat surface. The object can indeed be anything you like, but for beginners it is best to use a light and preferably in some way rounded object, like a pencil or similar, elongated so that a small amount of force should be enough to take it down. The object should be placed in front of you, but far enough not to be reachable by hand or influenced by breathing. Now concentrate all your attention to it. Watch it closely and visualize in your mind everything about it. Try to make the image of it in your mind as true to the original as possible, including its color, shape, structure, the irregularities it may contain, the reflection light on it and any other details it may contain.

If you can not do it from the first try, open your eyes and look at it again. Proper visualization is the key to success. Once you are satisfied with the accomplished visualization, open your eyes again and focus your attention on the object again. This time, imagine being one with the object. Imagine it as a part of you, and you as a part of it. You should be able to feel its structure as if it was your own, and at one point this feeling should transform into an emotion that strongly ties you to that object.

Once the previous step is achieved, close your eyes again. Keep the emotion of unity, and visualize yourself moving the object. When you are satisfied with the image you created, open your eyes and try it. Focus all your attention on performing what you just saw yourself doing a minute ago. If you manage to move the object even a tiny bit, you will know you are on the right track. Some mediums are more apt at focusing the energy they produce through their hands, so if you can not achieve it just by looking at the object, try placing your hands on both sides of the object at a reasonable distance. Afterwards try moving your hands in various directions in order to channel the energy just the right way.

The first time one tries this exercise, failure is almost certain. This is so because to an untrained individual's mind focus and visualization are

unknown. You need to train your mind into thinking what you want it to, and not just random thoughts as in everyday life. The important thing to note is that you must not let yourself be discouraged by the attempt, but rather consider you have just climbed one more step on the ladder that leads to the secrets of your mind. With further practice, success is step by step closer.

Method 2 - candle

For those that cannot perform well the exercise explained in the first method, there is an easier way. The concentration and focus parts are the same as in method 1. However, instead of a small object, you should put a lit candle in front of yourself. You need to be in an enclosed environment for this exercise, so that nothing would disturb the flame. Let the candle burn for some time in order for the flame to stabilize. All the time watch it, and try to concentrate on it while you wait for the flame to stabilize. If possible, try to cover your mouth with hands or a handkerchief to prevent breathing to influence the flame.

The point of the exercise is to try and direct the flame the way you want to, or at least make it change direction purely by the power of your will.

Having achieved the desired level of concentration, imagining you are one with the flame and visualizing yourself moving it, you have reached the point where you are most confident. This is the time when you should open your eyes, and try to affect the direction the flame is burning in. In the beginning there might be only small fluctuations, but as you progress you should be able to not only move it but also keep it in the desired direction for a few moments.

Again, success is not guaranteed in the first attempt, and you should keep trying until you manage it. This is indeed the easier way to perform telekinesis as flame is certainly lighter than a pencil, but it has some drawbacks. Namely, flame is also more easily disturbed by any kind of air circulation, and you should make sure no windows are open and no substantial air flow is present. For the beginning, the candle should be in the open, but later on you should put the candle in an enclosed container with just enough oxygen allowed in to keep the flame going, such as a glass jar. It is important to have the container transparent, but at the same time having any container whatsoever makes it a little more difficult for the energy to reach the flame. For genuine results, in this technique you should really refrain from using the hands, as this might influence the outcome.

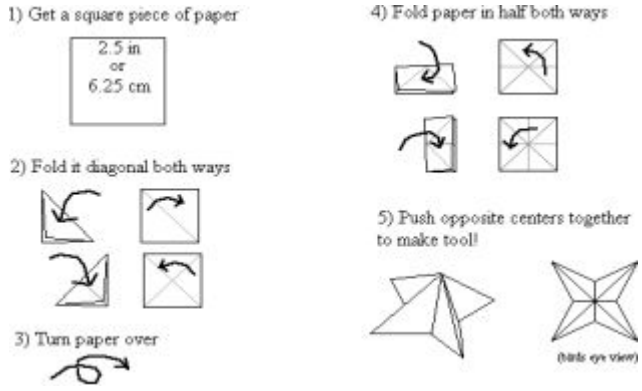
Method 3 – hanging object

The concentration part being essentially the same, you should take any light object and hang it somewhere on a thread so that it is hanging freely, and that it has no obstacles on either side. The method is more or less the same as in method 1, but it allows for more freedom of movement for the object, as it can go more or less in any direction, at least horizontally. You should try not only to move it left or right, but in any direction you wish. For example, you may try to visualize grabbing the object, and try to move it towards you instead of sideways. Or, if you are unable to maintain the image in your mind of you tempering with the object, but are able to imagine yourself toughing it, you could try focusing on hitting it, and thus moving it away from you.

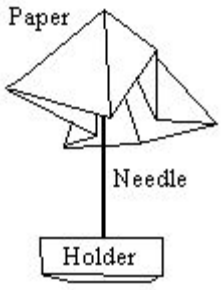
If pure concentration does not work, you may try using your hands too. The distance between the hands and the object should be carefully measured. If you feel more comfortable making sharper, faster moves, the distance should be increased in order for the air circulation due to the movements not to influence the object. If, again, you are more comfortable performing shorter and more calm hand movements, the distance should be smaller, but again such as not to influence the object in any way other than the intended – telekinetic.

Many lab experiments exist with similar designs, and these include a pendulum of a sort. The tasks in these are to either move the pendulum which is still, or stop it if it is in motion.

Method 4 – the PSI wheel


1) Get a square piece of paper
2.5 in
or
6.25 cm
2) Fold it diagonal both ways
3) Turn paper over
4) Fold paper in half both ways
5) Push opposite centers together
to make tool!

Probably the most widely used method, and thus most critiqued by the unbelievers, is the Psi wheel. This is another easy experiment one may try, as it takes no more than a minute to prepare the material. All that is needed is a square piece of either paper or foil, a needle or a toothpick for instance, and a bottle cap, eraser or a sponge.



The paper (foil) is first folded across one diagonal, so as to form a triangle, and then unfolded and folded across the other. The procedure needs to be repeated, this time folding the paper in half twice. The result is the partially folded paper that forms a pyramid of a kind. The needle or a toothpick is stuck partially into an eraser or a sponge vertically, and the paper is put over it so as to form a shape like an umbrella.

The point of the exercise is to try to move the paper in any direction, or to cause to turn if possible. Once more, the use of hands is not really suggested, as even the heat normally present in the human body can influence the outcome.